

If I Had Wings

拍數: 96 牆數: 2 級數: High Intermediate waltz
編舞者: Dee Musk (UK) - August 2013
音樂: If I Had Wings - Darius Rucker : (Album: Learn To Live)



24 Count Intro (approx 11 secs). BPM 132

Step Full Spiral Turn R x 2.

123 Step forward on R (1), step forward on L (2), unwind a full turn spiral turn R hooking R in front of L (3).
456 Repeat above steps. 12 o'clock

Rock Recover Step, Back Touch.

123 Rock forward on R (1), recover weight to L (2), step back on R (3).
456 Step back on L (4), touch R toe to R side (5), hold count (6). *Restart during wall 3. 12 o'clock

Step, Step ¼ Turn R, Cross Side Behind.

123 Step forward on R (1), step forward on L (2), make a ¼ turn R weight ends on R (3).
456 Cross L over R (4), step R to R side (5), step L behind R (6). 3 o'clock

¼ Turn R Step ¼ Turn R, Cross Point Hold.

123 Make a ¼ turn R stepping R forward (1), step forward on L (2), make a ¼ turn R (3).
456 Cross L over R (4), point R to R side (5), hold count (6). 9 o'clock

Full Monterey Turn R, Cross Back Side (Travelling Back).

123 Make a full turn R stepping R beside L (1), point L to L side (2), hold count (3).
456 Cross L over R (4), step back on R (5), step L to L side (6). 9 o'clock

Cross Back Side (Travelling Back), Cross Side Behind.

123 Cross R over L (1), step back on L (2), step R to R side (3).
456 Cross L over R (4), step R to R side (5), cross step L behind R (6). 9 o'clock

Side Drag, ¼ Turn L, ½ Turn L, ¼ Turn L With Hitch.

123 Step R to R side (1), drag L to beside R over counts (2,3).
456 Make a ¼ turn L stepping forward on L (4), make a ½ turn L stepping back on R (5), Make a ¼ turn L hitching L knee (6). 9 o'clock

Side Drag, ¾ Turn R.

123 Step L to L side (1), drag R to beside L over counts (2,3).
456 Make a ¼ turn R stepping forward on R (4), step forward on L (5), make a ½ turn R (6). 6 o'clock

Cross Sweep, Cross Rock Recover.

123 Cross L over R (1), sweep R from behind to in front of L over counts (2,3).
456 Cross R over L (4), rock L to L side (5), replace weight to R (6). 6 o'clock

Cross Sweep, Cross Side Behind.

123 Cross L over R (1), sweep R from behind to in front of L over counts (2,3).
456 Cross R over L (4), step L to L side (5), cross R behind L (6). 6 o'clock

Side Drag, ¾ Turn R.

123 Step L to L side (1), drag R to beside L over counts (2,3).
456 Make a ¼ turn R stepping forward on R (4), step forward on L (5), make a ½ turn R (6). 3 o'clock

Lunge Forward L, Recover Back ½ Turn R.

123 Lunge forward on L (1), hold over counts (2,3).

456 Recover to R (4), step back on L (5), make a ½ turn R stepping forward on R (6). 9 o'clock

Step Pivot Step, Lunge Forward R.

123 Step forward on L (1), make a ½ turn R (2), step forward on L (3).

456 Lunge forward on R (4), hold over counts (5,6). 3 o'clock

Recover Back ½ Turn L, Step ¼ Turn L.

123 Recover to L (1), step back on R (2), make a ½ turn L stepping forward on L (3).

456 Step forward on R (4), make a ¼ turn L keeping weight on R (5), recover weight to L (6). 6 o'clock

Cross Back Side x 2 (Travelling Back).

123 Cross R over L (1), step back on L (2), step R to R side (3).

456 Cross L over R (4), step back on R (5), step L to L side (6). 6 o'clock

Rock Recover Step, Back Touch.

123 Rock forward on R (1), recover weight to L (2), step back on R (3).

456 Step back on L (4), touch R toe to R side (5), hold count (6). 6 o'clock

* Restart during wall 3 – dance up to and including count 12 – begin again facing 12 o'clock.

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